

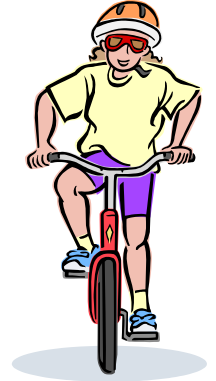


# Ryecroft C.E. (C) Middle School

## SPORTS DAY

Monday 04 July 2016

**9.20am onwards**



All pupils will be participating in Sports Day either in the morning or afternoon and therefore all pupils need to come into school in their P.E. kit and tracksuits

Pupils should be encouraged to bring water bottles/drink on the day (**strictly no glass bottles or fizzy drinks**) and appropriate sun protection (sunhat / sun cream etc)

### **Spectators welcome**

(For your own comfort you may wish to bring along a chair/rug)

**Ryecroft PTA will be selling refreshments on the day - cake donations on the day will be most welcome**



In the event of inclement weather we will endeavour to notify you as soon as possible of any cancellation via schoolcomms email & text (only to those who have opted for these services) and the schools website - [www.ryecroft.staffs.sch.uk](http://www.ryecroft.staffs.sch.uk)

## Sports Day Running Order

EVENTS, STAFF & TIMES		
<u>KS2</u> Field and Cycling Events	<u>APPROX TIMES</u>	<u>KS3</u> Track Events
JAVELIN  HOWLER  LONG JUMP	09:20-09:35	800M FINAL
	09:35-09:50	400M FINAL
	09:50-10:10	200M HEATS
	10:10-10:30	100M HEATS
<b>10:30 - 10:45 BREAK</b>		
CYCLING  AND  TENNIS BALL RELAY	10:50-11:05	100M OBSTACLE FINAL
	11:05-11:20	200M FINAL
	11:20-11:40	4X100M RELAYS
Track Events	CHANGE OVER	Field and Cycling Events
600M FINAL	11:40-11:55	CYCLING  AND  DISCUS
300M FINAL	11:55-12:10	
200M HEATS	12:10-12:30	
<b>12:30 – 13:30 LUNCH</b>		
100M OBSTACLE FINAL	13:35-13:55	JAVELIN  SHOT PUTT  LONG JUMP
100M HEATS	13:55-14:10	
200M FINAL	14:10-14:25	
4X100M RELAYS	14:25-14:45	
<b>14:45 - 15:00 OPTIONAL TOILET BREAK</b>		
<b>15:00 - 15:40 PARENT RACE, STAFF RACE &amp; 100M FINALS CLOSING CEREMONY</b>		